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## TWO INJURED IN CRASH

One person was taken to hospital in critical condition and another in stable condition after a Jeep Liberty and a gravel truck crashed at the corner of Nairn Avenue and Grey Street around 9:45 a.m. on Wednesday. The intersection and the Nairn overpass were closed to traffic until 3 p.m. as police investigated. SHANE GIBSON/METRO

# Brown-water damage claims to surge ahead

**'Legal Pandora's box.'**  
Coun. Justin Swandel calls measure a costly goodwill gesture



**BERNICE PONTANILLA**  
bernice.pontanilla@metronews.ca

Several councillors asked to stem the flow of laundry claims from this summer's brown-water problem but were unable to turn the tide Wednesday.

At the end of the day, council voted in favour of Coun. Dan Vandal's motion to direct the city's public service to process legitimate claims.

While Vandal said he was surprised to hear claims were being rejected under the city's Charter, several of his

fellow councillors expressed concerns that processing claims could open up a "legal Pandora's box."

"The slippery slope (is) what precedent does that set?" wondered Coun. Justin Swandel after the meeting.

Swandel said the motion is more about councillors wanting to "be seen to be doing something" about brown water, and he would have liked to see more councillors vote against the motion.

"We're supposed to be the leaders of our city; sometimes leadership means you gotta do the tough things," he said.

"I think this is one of the places where we've got to respect the financial future of this city."

Swandel said taxpayers and water ratepayers are already footing bills and the measure means the cost will

### Earlier move

At the start of the debate over the dirty-laundry motion, Coun. Paula Havixbeck attempted to have it returned to committee to review the financial implications — but she was voted down.

be passed on to them.

Vandal said this is only an exception in regards to the Charter and not a change to it.

"What council said today is that when there's legitimate laundry damage caused by brown water, then we should reimburse them," he said, adding that the city's administration will work out the details and that if they hit a "brick wall" they can bring the matter back to council.



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### Roving van

## Four nabbed after armed thefts

Four men are in custody after a string of robberies Tuesday night.

A 28-year-old man was walking near Donald Street and Wardlaw Avenue around 11 p.m. when a van pulled up behind him and three men hopped out.

One man, wearing a bandana over his face, confronted the victim with a weapon while the other two went through his pockets stealing various personal items, police say.

Then, about 40 minutes later, police say the four men from the same van confronted two men and two youths walking in the 1200 block of St. Mary's Road.

An assailant, again with a bandana covering his face, produced a weapon and various personal items were stolen.

Police caught up with a van matching the suspect description a short time later and four men were taken into custody.

Anyone with information about the incident is asked to call police at 204-986-2842. **METRO**

### Archibald Street

## Cyclist seriously injured in crash

The 59-year-old man riding an electric bicycle Tuesday afternoon when it crashed with a commercial truck on Archibald Street is in hospital with life-threatening injuries.

Police continue to investigate and anyone with information is asked to call the traffic unit at 204-986-6271. **METRO**

# Zombies. The undead won't walk, but they'll party

The Winnipeg Zombie Walk — an event that's grown to become a pre-Halloween staple — will not be shuffling forward from the grave into city streets this year.

The walk, which was in its seventh year and scheduled for Oct. 12, has "become a victim of its own success," according to a post on winipegzombies.com on Wednesday.

nessday.

Rising costs and safety concerns were cited as some of the reasons for the decision to take the walk off the streets, since the event has grown to the point where organizers would've had to pay the city for special-events permits and road closures.

Oct. 12 will still have plenty of guts and gore, how-

ever, even with the "walk" portion of the annual celebration of the undead cancelled. A zombie party is slated for Ozzy's and The Zoo that night.

Admission to the 18-plus event is \$10 and attendees are asked to bring a non-perishable food item for Winnipeg Harvest.

**METRO**



Rising costs are forcing the Winnipeg Zombie Walk indoors this year. HOWARD WONG/METRO FILE

# Could pedestrians return to Portage and Main?

**City hall.** Councillor's motion to study traffic crossing about 'good planning,' research



**BERNICE PONTANILLA**  
bernice.pontanilla@metronews.ca

Could scrambling across Portage Avenue and Main Street be in the future for downtown Winnipeg's pedestrians?

That's just one of the methods of crossing the famed intersection that may be looked at after councillors voted to send a motion to "review new alternate traffic-crossing models" to the public works committee Wednesday.

Coun. Jenny Gerbasi, the motion's proponent, said she wanted to make it clear that she's not advocating for the reopening at this point; instead she'd like to see what the city's options are.

"I just think that we should do some good planning," said Gerbasi after the meeting. "There's not very many places



The last time a large group of pedestrians was seen at Portage and Main was when the Winnipeg Jets' return to the city was announced in May 2011. BERNICE PONTANILLA/METRO FILE

that have the most important intersection in their cities closed to pedestrians."

Gerbasi said the city has the opportunity to reopen the intersection in 2017, when

### Scrambling

Among the new technologies mentioned in the motion is scrambling, which is when all vehicular traffic stops, allowing pedestrians to cross the street, even diagonally.

an agreement with business owners expires.

Mayor Sam Katz said there have been many calls to once again allow pedestrian traffic, adding he can remember crossing the intersection before it was closed in the late 1970s.

"A lot of people today don't even remember that," he said, adding studies have been done in the past and getting all the stakeholders on board might be the toughest part.

"From my point of view, when it expires — there's at least three years to that — the ideas are there, then it'll be up to the council to decide if there's changes they want to make. I can tell you right now, you talk to enough people you'll get opposing views."

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## Financial boost. 'Peg-based aerospace industry to get \$1 million in funding

Leaders in aerospace research and development in Manitoba are getting a significant financial boost, announced Western Economic Diversification Minister of State Michelle Rempel in Winnipeg Wednesday.

The feds are pumping \$1 million into programs run by West Canitest R&D (WestCaRD), Standard Aero, and other aerospace design, fabrication and research organizations to do a number of cold-weather and aircraft stress tests at GE Aviation Testing Research Development Centre near the airport.

WestCaRD will use the funding to expand their testing and redesign capacity, as well as create a development and evaluation centre devoted to the CFM 56 engine — one of the most popular engine designs currently in use in aviation — at Standard Aero's Winnipeg location.

"The project will allow WestCaRD to add some spe-

cial handling equipment ... that will allow greater utilization of this amazing facility," said WestCaRD CEO Vic Gerden. "We've got some very exciting projects underway and in the future."

Gerden estimated the new equipment and development centre will create 40 new jobs, and said the direct economic impact of the testing centre had already surpassed \$50 million to the community and aerospace industry.

According to Rempel, the move to further support aerospace in Western Canada is part and parcel of her department's mandate to find burgeoning areas and help support them.

"We look at areas where there's existing receptor capacity and perhaps what's needed is a spark to get things happening," she said. "We're hoping to take Canada's aerospace sector one step further."

JOHN TOWNS/FOR METRO



Minister of State for Western Economic Diversification Michelle Rempel announced an additional \$1 million in funding for aerospace research and development in Manitoba on Wednesday. JOHN TOWNS/FOR METRO

### Termination

## Reid Douglas no longer Winnipeg's fire chief

A long absence from the Winnipeg city hall has become a termination for Reid Douglas, the now former chief of the Winnipeg Fire Paramedic Service.

At Wednesday's city council meeting, Coun. Paula Havixbeck tried to ask Mayor Sam Katz if Douglas was coming back to his post, but she was quickly cut off by speaker Coun. Grant Nordman, who said it was a private matter.

But soon after the meeting, news broke that Winnipeg's chief operating officer, Deepak Joshi, sent an email to councillors stating that Douglas was no longer employed by the city. **METRO**



Reid Douglas  
BERNICE PONTANILLA/METRO

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Thirsty work: Residents carry home basins of water collected from beach wells in Dakar, Senegal, Wednesday.  
REBECCA BLACKWELL/THE ASSOCIATED PRESS

# Don't bother to turn on the taps

**Dry humour?** It's the rainy season and there's flooding in Dakar, Senegal ... but there's no water running from the taps

Would you believe it? It's the rainy season in Senegal and the capital city, Dakar, is dealing with major flooding. But ... For nearly two weeks, Dakar residents have bathed

**Quoted**  
"I don't know what we'll do if this continues."

Samb Gueye, 36, who brought 10 basins to the beach so her family would be able to cook, clean and bathe.

in the ocean, dug makeshift wells along the beach and waited in long lines for distribution trucks. Water is no longer running from the taps. Officials blame it all on faulty equipment. The situation is so bad

that President Macky Sall decided Wednesday to cut short his visit to the UN General Assembly to return and address the problem.

As they waited on Yoff Beach for young men to fill plastic basins with water from wells dug in the sand, residents said Sall had better act fast.

The volunteer operators of the wells — made of stones and spare tires — said they were pumping out water for thousands of Dakar residents from 5 a.m. to midnight every day.

THE ASSOCIATED PRESS

## Syria bombshell. Rebels split, call for Islamic law

Nearly a dozen of Syria's powerful rebel factions turned their backs on the West on Wednesday.

They broke with the main opposition group in exile and called for Islamic law in wartorn Syria.

The split deals a severe blow to the Western-backed coalition fighting President Bashar Assad and gives him fuel for his long-stated contention that his regime is battling Islamic extremists.

It's a momentous public rejection of the Turkey-based Syrian National Coalition — the political arm of the Free Syrian Army rebel group — that has long been

accused of being a puppet of the West.

"If the groups involved stand by this statement, I think this could be a very big deal," said political analyst Aron Lund.

THE ASSOCIATED PRESS

### Toronto link

Ali Mohamed Dirie, a member of the "Toronto 18" terror plot to attack Canadian institutions, has died fighting in Syria, Torstar News Service has confirmed. He was released from prison in 2011.

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# Al-Shabab says foreigners were a 'legitimate target'

**Kenya attack.** Somali Islamic extremist group claims they took 'every possible precaution' to separate Muslims from non-believers

Al-Shabab, the armed Somali Islamic extremist group that attacked a shopping mall in Kenya, said Wednesday that foreigners were a "legitimate target" and confirmed witness accounts that gunmen tried to let Muslims go free while killing or taking the others captive.

In an email exchange Wednesday with The Associated Press, al-Shabab said: "The Mujahideen carried out a meticulous vetting process at the mall and have taken every possible precaution to separate the Muslims from the Kuffar (disbelievers) before carrying out their attack."

According to published ac-

counts, witnesses have said the gunmen rounded up people, asked questions about Islam and told the Muslims to leave the mall.

At least 18 foreigners were killed, including six Britons and citizens from Canada, France, Trinidad, the Netherlands, Australia, Peru, India, Ghana, South Africa and China, when the militants entered the Westgate Mall on Saturday, slaughtering men, women and children with assault rifles and grenades and taking people hostage. The current death toll is 67 and is likely to climb with uncounted bodies remaining in the rubble of the Nairobi mall.

Despite their efforts to spare Muslims, some of those killed were members of the faith. One man, Louis Bawa, whose wife Zahira and daughter Jennah were killed, told a London newspaper that al-Shabab was "using religion as an excuse to kill people."

"Zahira and Jennah were Muslims, but these animals



Mary Italo grieves for her son Thomas Abayo Italo, 33, who was killed in the Westgate Mall attack, as she waits to receive his body at the mortuary in Nairobi, Kenya, Wednesday. Thomas was an accountant and the breadwinner of the family who helped look after Mary, who is sick, according to relatives. Kenyan authorities prepared for the gruesome task of recovering dozens more victims than initially feared after the country's president declared an end Tuesday to the four-day siege of the Nairobi mall by al-Qaida-linked terrorists. BEN CURTIS/THE ASSOCIATED PRESS

just shot them the same as all of the others," Bawa told The Telegraph.

Asked if the separation of

Muslims from non-Muslims at the outset of the mall attack represented a change in tactics, the group insisted in an email

that it "has never deliberately targeted Muslims."

"Our targets have always been disbelievers, invaders and

the apostate governments officials/troops who are allied with them," it said.

THE ASSOCIATED PRESS

## Pakistan quake survivors struggle for food, shelter



Villagers sit under a tree near the rubble of destroyed homes following an earthquake in the remote district of Awaran, Pakistan, Wednesday.

ARSHAD BUTT/THE ASSOCIATED PRESS

Survivors built shelters with sticks and sheets Wednesday, a day after their mud houses were flattened in an earthquake that killed 285 people in southwestern Pakistan.

While waiting for help to reach remote villages, hungry people dug through the rubble to find food. And the country's poorest province struggled with a dearth of medical supplies, hospitals and other aid.

The quake flattened wide swaths of Awaran district, where it was centred, leaving much of the population homeless. Almost all of the 300 mud-brick homes in the

village of Dalbadi were destroyed.

Noor Ahmad said he was working when the quake struck and rushed home to find his house levelled and his wife and son dead.

"I'm broken," he said. "I have lost my family."

At least 373 people were also injured, according to a statement from the National Disaster Management Authority, which gave the latest death toll.

Doctors in the village treated some of the injured, but due to a scarcity of medicine and staff, they were mostly

seen comforting residents.

The remoteness of the area and the lack of infrastructure hampered relief efforts. Awaran district is one of the poorest in the country's most impoverished province.

Just getting to victims was challenging in a region with almost no roads where many people use four-wheel-drive vehicles and camels to traverse the rough terrain.

"We need more tents, more medicine and more food," said a spokesman for the provincial government, Jan Mohammad Bulaidi.

THE ASSOCIATED PRESS

Created by catastrophe

Alongside the carnage of Pakistan's earthquake came a new creation: a small island of mud, stone and bubbling gas pushed forth from the seabed.

- Experts say the island was formed by the massive movement of the earth during the 7.7-magnitude quake that hit Pakistan's Baluchistan province.

### Asiana Flight 214

#### U.S. investigating whether airline failed to help families after crash

In the first investigation of its kind, federal transportation officials are reviewing whether Asiana Airlines failed to meet legal obligations to help families of

passengers after one of its planes crashed in San Francisco International Airport.

Three died and dozens were injured when Asiana Flight 214 crashed on July 6. Under U.S. law, Asiana was required to provide services to family members of the passengers, from the posting of a toll-free information number, to providing transportation and lodging.

THE ASSOCIATED PRESS

### Spain

#### Judge names 22 rail company officials as suspects in crash

The judge investigating a high-speed train crash that killed 79 people in Spain has named 22 rail infrastructure company officials as suspects.

A court statement said Judge Luis Alaez has asked the Adif officials, including the company's three most recent presidents, to come in for questioning as suspects.

The officials also include board members and senior managers in charge of safety on the stretch near Santiago de Compostela where the crash occurred. THE ASSOCIATED PRESS

### China

#### Man gets death for killing child in parking dispute

A Beijing court on Wednesday convicted a man of murder and sentenced him to death for hurling a toddler to the ground in a case that horrified the Chinese public.

The two-year-old girl died in a hospital days after the incident. Her attacker, Han Lei, was caught the following day. The court said Han, 39, was looking for a parking space when he told the mother that her carriage was in his way. It said Han grabbed the girl from her carriage and raised her above his head before throwing her to the ground.

THE ASSOCIATED PRESS

# THE SWEET SUCCESS OF WEIGHT LOSS

When it comes to weight control, experts are increasingly putting the spotlight on sugar.

"In fact, mounting evidence points to controlling blood sugar as the key to successful weight loss" says Brenda Watson, naturopathic doctor and best-selling author.

Your blood sugar level is the amount of glucose from the food you eat that is circulating in your bloodstream. It provides energy or is stored for future use. All carbohydrates you eat, with the exception of fibre, are broken down by the body into glucose.

The body only requires 10 teaspoons of sugar per day to perform all its functions, but the average Canadian daily consumption is 26 teaspoons. This is no surprise when you consider that a half-cup of vanilla ice cream contains five teaspoons of sugar while one cup of cooked pasta contains eight.

For weight loss, Watson recommends a daily sugar consumption limit of six to eight teaspoons from all foods. Your body will draw on fat stores for

## HOW MUCH SUGAR IS IN YOUR DIET?

Here is an easy equation for calculating how much sugar is in the food you eat. Nutrition Facts tables on packaged products provide carbohydrate and fibre amounts.  
**(CARBOHYDRATE GRAMS – FIBRE GRAMS) ÷ 5 = # OF TEASPOONS OF SUGAR**



any extra energy it requires and that will lead to weight loss. There are lots of low sugar food options such as lean protein, healthy fats, and virtually all vegetables.

There are also scientifically-proven weight loss products that help balance blood sugar, Watson says. For example, green coffee bean extract gained notoriety when it was featured on Dr. Oz's TV show.

"While I don't believe you can buy weight loss in a bottle, there are certainly products that can help. Green coffee bean is one of them, but I am really excited about a new ingredient called Fraxipure, which is a natural extract from European ash seed. It decreases blood sugar levels, increases fat burning and protects the liver. I recommend Simply Trim because it is the only product to combine green coffee bean extract with this fat-blasting Fraxipure.

"The bottom line — if you balance your blood sugar you will lose weight. How sweet is that?"

CONTRIBUTED



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# Nairobi attack puts spotlight on mall security around the globe

**Retail.** Industry worries that increasing measures to keep shoppers safe will just scare them away

Some malls around the world have been scrambling to add security guards to look for suspicious people following a deadly attack on a shopping centre in Nairobi over the weekend. But for other malls, it's been business as usual.

The mixed reactions by malls across the globe isn't unusual in an industry whose security efforts vary from unarmed guards in most shopping centres in the U.S. to metal detectors and bag searches in places like Israel to main entrances that resemble airport security lines in India.

The disparity offers a glimpse at why any moves following the Nairobi incident to increase mall security in

countries that have less strict procedures aren't likely to last: The industry continues to struggle with how to keep shoppers safe without scaring them away.

"No one wants, when you go shopping, to be strip-searched, to be interviewed in a room by a security guard," said Simon Bennett, director of the Civil Safety and Security Unit at the University of Leicester in England. "That might be acceptable in aviation, but it is not in commercial retail."

Security concerns come after al-Shabab militants, wielding grenades, took control of Westgate mall in Nairobi, Kenya.

In the U.S., the International Council of Shopping Centers, a trade group of shopping centres representing about one-third of retail space globally, said the U.S. government's Department of Homeland Security is reaching out to corporate security at all malls.

**"No one wants, when you go shopping, to be strip-searched, to be interviewed in a room by a security guard."**

Simon Bennett, director of the Civil Safety and Security Unit at the University of Leicester in England

The International Council of Shopping Centers says malls around the world are beefing up private-security personnel or bringing in more off-duty police officers after last weekend's attack on an upscale mall in Nairobi. GETTY IMAGES FILE

At the same time, the group said some of the malls in the U.S. and South Africa are beefing up private-security person-

nel, while others are bringing in more off-duty police officers. Mall of America, the biggest U.S. mall, added extra uni-

formed security officers and stepped up other measures, but officials at the Bloomington, Minn.-based mall declined

to elaborate. "We will ... remain vigilant as we always do in similar situations," said spokesman Dan Jasper. THE ASSOCIATED PRESS

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## \$11M claim. Ousted CEO of AlarmForce files suit

The recently ousted CEO of AlarmForce Industries has filed a wrongful-dismissal lawsuit against the home-security firm he founded 25 years ago.

Joel Matlin, who was at the company's helm since its inception in 1988 and often the voice and face of AlarmForce in ad campaigns, claims he was dismissed without cause or notice, which goes against the terms of his contract. He's also asking for punitive and aggravated damages because of the way the firing was handled.

"The bad-faith manner of

termination above has caused Joel to suffer additional mental distress, damage to his reputation, and aggravated damages beyond his contractual damages for wrongful dismissal," the statement of claim says.

The \$11.3-million claim includes \$1.3 million for wrongful dismissal and \$10 million in damages.

None of the allegations in Matlin's suit has been proven in court and may be challenged by the company. AlarmForce was not immediately available for comment. THE CANADIAN PRESS

## Offline. 1 in 7 don't use the Internet, survey finds

The Internet has become so entwined in their lives that many Americans might have trouble coping without it. But a new survey found that some 15 per cent of Americans — about one in seven — don't use the Internet at all. Most of them prefer it that way.

The study released Wednesday by the Pew Research Center's Internet and American Life Project also found that another nine per cent of U.S. adults only use the Internet

when they are not at home. Adults with lower levels of income and education, as well as blacks and Hispanics, are significantly more likely to rely on Internet access outside of their home, in libraries, at work or elsewhere.

Of the people who don't go online, only eight per cent want to. The rest said they are not interested. Nearly everyone who goes online has broadband access, the report found. THE ASSOCIATED PRESS

### Technology

#### Waterloo hub asked to join Google network

A technology business in Waterloo has been selected to join Google Inc.'s Tech Hub Network. Communitech, a hub that provides support to local startups and tech companies, says it has been chosen to receive both financial and technology support from the search-engine giant. Communitech said it will have exclusive access to Google experts and products, and will participate in a number of Google events throughout the year.

THE CANADIAN PRESS

### Market Minute

**DOLLAR**  
96.96¢ (-0.11¢)

**TSX**  
12,836.71 (-12.18)

**OIL**  
\$102.66 US (-47¢)

**GOLD**  
\$1,336 US (+\$19.90)

**Natural gas:** \$3.50 US (+1¢)  
**Dow Jones:** 15,273.26 (-61.33)



# A CURE FOR YOUR GOOGLE-EYES

Are you infatuated? Obsessed over another? Stuck on that powerful drug that is both more and less than love? If you're not sure, check for these key signs:

- Your special someone jumps to mind during songs on the radio, including jingles for toilet cleaner. ("He makes me flushed, too!")
- Something as simple as a Coke bottle reminds you of her. (Or a Coke can; we're body-positive here.)

- They're the last thing you see when you fall asleep and the first thing you see when you wake up, because you're camped outside their window.

One item on this list might be OK, even healthy, but if you do all three then you're probably infatuated.

I'm a longtime expert. Even in Grade 3, I would tell my camp counsellor that I had a crush on her, then coyly explain that I only meant Orange Crush, while making moon eyes at her. (Keeping with the pop theme, I turned a shade of Cream Soda.)



HE SAYS

**John Mazerolle**

metronews.ca

But now, 200 years later, I've realized that infatuation is for kids. It's fun, but so is running around with my arms out making airplane noises. Just because I used to do it doesn't mean I still can, no matter how fun it was.

I had a date last week that went pretty well, but then I got an endorphin rush going, propping me up, up, up ... and had to stop myself on the way to Cloud 9 before I spiralled right out of control. It was a close call, but my survival means I can share these tips:

**What's love got to do, got to do with it?: Dealing with infatuation**

- Determine whether it's love, infatuation or lust. If it's love, you'll be in love. If it's infatuation, you'll Google advice on whether it's infatuation or love. If you can't tell if you have lust, I can't help you. See a doctor.

- Don't try to "accidentally" meet them. Though meet-cutes are a Hollywood staple, in real life, showing up unannounced at

a construction site, airplane cockpit or reactor core is often more trouble than it's worth. If you must, send a Facebook wall message and ask if they're aware of any federal laws and statutes surrounding trespassing at their workplace. Finish with a wink and a face!

- Remember a good relationship is a partnership. E.g. If you know the names of the children you're going to have with your new acquaintance/future spouse, then write a list and allow them to choose from several of your ideas. Watch their eyes widen as they come to appreciate what they've found in you.

- Bonus tip for infatuees: Occasionally somebody will be infatuated with you! If that happens, the other person may be very vulnerable and easy to manipulate. That's when you pounce — for a better world. Bite your bottom lip and whisper, "What I'd love is a man/woman who will lobby city hall for a curbside recycling program," or "It'd be so hot to see you and all your friends donate blood."

And those are my tips, gentle readers. I hope you found them helpful. If you need anything else from me, remember I'll be right here — on Cloud 5.

## ZOOM

### The veiled, unveiled in photos



LYNSEY ADDARIO/NATIONAL GEOGRAPHIC

#### 125 years marked with iconic images from mag's archives

National Geographic is celebrating its 125th anniversary with a special photography edition that features the most iconic images from the magazine's

history. Pictured is a scene from Afghanistan in 2010: Pregnant Noor Nisa, 18, and her mother wait to be driven to hospital, where Noor would give birth to a baby girl.

The issue features National Geographic's most famous photo — the piercing green eyes of Sharbat Gula, a 13-year-old Afghan girl in

Pakistan's Nasir Bagh refugee camp, pictured on the right — which appeared on the magazine's June 1985 cover.

The girl's identity was unknown for 17 years until she was tracked down in 2002. The image was originally placed in the reject pile before being rescued.

METRO



Sharbat Gula NATIONAL GEOGRAPHIC

#### Clickbait



**ANDREW FIFIELD**

andrew.fifield@metronews.ca

I know how it is. You got home last week with your shiny new copy of GTA V, only to power through it at a tragically swift clip — unable to keep your enthusiasm in check. Well, luckily a lack of gaming self-control is one of the many things your smartphone can paper over for you.

#### Puzzle & Dragons:

The kids in Japan are losing their minds over this fantasy puzzler, and for good reason. The mechanics are much deeper than anything most match-three games have ever dreamed up and you get to collect monsters. Sold! Well, not sold, actually. It's free. (iOS, Android/Free)

#### Heroes of Loot:

An old-school roguelike dungeon crawler that sends you into the depths to wipe out an unending onslaught of monsters. Like most roguelikes, there's no real endgame to conquer



CONTRIBUTED

except securing some real estate near the top of global leaderboards. (iOS, Android/\$1.99)

#### Slender Rising:

The spooky Slender Man series is the star of countless Watch My Roommate Get Scared YouTube videos, but if you've never tried one of the games, this is the best place to start. Work your way through creepy forests and playgrounds, piecing together the story behind the titular character. Of course, you're being stalked by him the entire time and if he snares you, you're going to lose. (iOS/\$2.99)

#### Twitter



@metropicks asked: One four-legged friend helped his owner curb a crack habit. How does your pet help you improve?

@Cazzy: Teaches me how to clean up for when I have kids.

@Danielledoiron: My alarm didn't go off this morning. My cat woke me screaming just in time for me to get to work. Thanks puss!

@Canucklehead\_ca: My cat. She teaches me humility and how utterly insignificant I truly am.

@adrienne\_kenny: My puppy has taught me to smile and appreciate the little things in life.

@gibxerrider105: after a bad break up my dog forced me to stay motivated. I was really depressed and he kept me going.

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## SCENE 2

# She's a game changer

**Aimee Lane.** Relative unknown releases her debut EP at the West End Cultural Centre



**BACKSTAGE  
PASS**

Jared Story  
winnipeg@metronews.ca

Established, mid-sized music venues don't usually include relatively unknown artists in their concert seasons, but the West End Cultural Centre is taking a chance on an up-and-coming Winnipeg singer-songwriter.

Aimee Lane releases her debut self-titled EP at the WECC tomorrow night.

Jason Hooper, the venue's artistic director, says he was "blown away" by a rough demo of Lane's and decided he had to get the emerging artist on the WECC stage.

"They do have a lot of faith in me," says Lane, 23. "Everyone is being so accommodating. I was at the CBC Radio for an interview yesterday and they were treating me like I was a star. 'You guys, I can drink water out of a mug.' They were like, 'We're so sorry we don't have other cups!' Whatever, I'm so low maintenance."

Lane may be a new name to fans of the Winnipeg music scene, but she's not exactly new. The single mother has been writing and per-



Winnipeg singer-songwriter Aimee Lane releases her debut EP at the West End Cultural Centre on Friday. COURTESY BEN HOPPER

forming her own songs since she was 13.

At 17, she met Dan Donahue, a Juno-nominated local producer, who took a shining to Lane's songs but wanted to give her some time to grow.

"I wanted to expose myself when I had something special to offer; that's why I waited so long," Lane says.

Not that Lane didn't have

plenty to say early on. In fact, most of the songs on the EP are more than a few years old. Lane feels like her deeply personal tunes just don't appeal to a younger crowd.

"I don't think a younger audience cares as much because they're afraid to be vulnerable," Lane says. "They don't want their feelings to be exposed. I've never really

clicked with my age group. I definitely notice that the people that are drawn (to me) are in their 30s and 40s, people that have really good self-awareness.

"I'm very comfortable in my own skin. I've faced a lot of rejection but I think at this point people are starting to appreciate what I have to offer, as a musician and as a

person. I think I was born in the wrong time, but now it's finally catching up."

Tickets for Lane's EP release show are \$12 at the WECC, Music Trader, the Winnipeg Folk Festival Music Store and Ticketmaster or \$17 at the door. Opening is Lawrence Lee (Matt Foster of The Crooked Brothers). Showtime is 8 p.m.

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Tracy Pollan, left, Michael J. Fox, and Wendell Pierce star in *The Michael J. Fox Show*. ERIC LIEBOWITZ/THE ASSOCIATED PRESS

# New show painfully close to Fox's real world experiences

**New show.** Michael J. Fox makes his first full-time return to television since he left

What happens when you put Michael J. Fox and five Canadian reporters at a table?

Hockey talk. The Edmonton-born, Burnaby, B.C.-raised actor has lived almost two-thirds of his life in the United States, but while you can take the boy out of Canada, you can't take the Canadian out of the boy.

Though Fox's interview time is carefully limited, there's a full five minutes of chatter about the Leafs, Canucks and his beloved Bruins before everyone gets down to the reason Fox is at the summer network press tour — to promote *The Michael J. Fox Show*. The sitcom premieres Thursday on NBC and Global.

The series has been tailor-made for the actor. Fox stars as Mike Henry, a popular New York news anchor who gave up his job after being diagnosed with Parkinson's disease. Five years later, with his family's support, he decides to go back in front of the cameras. Betsy Brandt (*Breaking Bad*) plays wife Annie Henry, Wendell Pierce (*Treme*) his boss Harris Green. Recurring characters include Anne Heche as a rival news anchor and TV veterans Candice Bergen and Charles Grodin as

## Wanted him back

He was ready to go back, but only on his terms. For one, he wasn't going to leave New York, where all his guest appearances were shot. His series went into production months earlier than most, allowing the producers to build in weeks in between shooting to make things easier for their star.

- Doing things his way.

Fox briefly considered headlining a drama series like *The Good Wife*, but the long hours were a deal breaker. Besides, when he really thought about it, all he wanted to do was comedy. There was no question the networks wanted him back. NBC offered him a full 22-episode commitment, rare these days.

Mike's parents.

Fox teamed with executive producers Sam Laybourne (*Cougar Town*) and Will Gluck (*Friends with Benefits*) on the project.

"I really wanted to do a show about a guy with Parkinson's," Gluck jokes, "and a couple of people passed."

Gluck and the others see it as a family comedy first, but one absolutely based on Fox's own experiences dealing with Parkinson's. Henry is shown in the pilot scattering instead of serving scrambled eggs and misdialling 911, all played for laughs.

"Mike paid for those experiences," says Gluck, "so they're the intellectual property of Michael J. Fox."

Fox himself stepped away from his last regular series, *Spin City*, in 2000 after going public with his struggles with Parkinson's, first detected a decade earlier.

At the time of the revelation it seemed like a cruel twist of fate for the actor, who was beloved for his *Back to the Future* films as well as for his run in the '80s as young conservative Alex P. Keaton in *Family Ties*.

Fox came to terms with his situation and became a leading spokesperson for efforts to combat the disease. His Michael J. Fox Foundation has so far funded more than \$350 million in research toward finding a cure.

Spearheading that drive and helping his wife of 25 years, actor Tracey Pollan, raise their four children became Fox's main focus for a decade. When medical advances helped to stabilize Fox's tremor symptoms, the itch to get back on TV began.

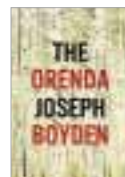
"I just thought, 'Why can't I?'" he says. "I mean, there's no reason not to do it."

THE ASSOCIATED PRESS

## Indigo bestsellers

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### 1. THE ORENDA Joseph Boyden

Giller Prize winner Joseph Boyden returns with a visceral portrait of life at a crossroads in his masterpiece of Canadian historical fiction, *The Orenda*.

Last Week: 4 / Weeks on List: 3



### 2. THE LONGEST RIDE Nicholas Sparks

Ira and Ruth. Sophia and Luke. Two couples who have little in common, and who are separated by years and experience. Yet, their lives converge with unexpected poignancy in Nicholas Sparks's new novel, *The Longest Ride*.

Last Week: 16 / Weeks on List: 2

This Week

Last Week Weeks on List

- |  |    |   |
|--|----|---|
| 3. MADDADDAM Margaret Atwood                                 | 3  | 5 |
| 4. THE SILENT WIFE A.S.A. Harrison                           | 1  | 5 |
| 5. A HOUSE IN THE SKY Amanda Lindhout and Sara Corbett       | 2  | 4 |
| 6. NEVER GO BACK Lee Child                                   | 5  | 4 |
| 7. STEVE JOBS Walter Isaacson                                | 11 | 3 |
| 8. THANKLESS IN DEATH J.D. Robb                              | 20 | 2 |
| 9. W IS FOR WASTED Sue Grafton                               | 5  | 2 |
| 10. INFERNO Dan Brown  | 20 | 5 |
| 11. THE CASUAL VACANCY J.K. Rowling                          | 10 | 3 |
| 12. WINTER OF THE WORLD Ken Follett                          | 8  | 5 |
| 13. GRAIN BRAIN David Perlmutter                             | 15 | 2 |
| 14. STILL FOOLIN' EM Billy Crystal                           | 14 | 3 |
| 15. TIME NOW FOR THE VINYL CAFE STORY EXCHANGE Stuart McLean | 18 | 2 |
| 16. THE END OF GROWTH Jeff Rubin                             | 13 | 4 |
| 17. THE WITNESS WORE RED Rebecca Musser                      | 17 | 3 |
| 18. LOOPTAIL Bruce Poon Tip                                  | 19 | 2 |
| ★ 19. KILLING JESUS Bill O'Reilly                            | -  | 1 |
| ★ 20. DR. SLEEP Stephen King                                 | -  | 1 |

Combined Fiction and Non-Fiction Bestsellers for the week, ending September 30<sup>th</sup>

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# The Kings Of Leon: Back in the saddle

**Interview.** The one-time biggest band in the world returns with *Mechanical Bull* and talks about their hard partying days and mental breakdowns

**RICHARD PECKETT**

Metro World News

At the Kings Of Leon's pinnacle even the celibate were singing *Sex On Fire*. They were rock 'n' roll personified — a multi-platinum fourth album *Only By the Night* in 2008, lingerie models, and rumoured riders of excess that read like an illicit pharmaceutical shopping list.

Their 2011 mega-tour should have undisputedly confirmed the Followill brothers — Caleb, Jared and Nathan; and cousin Matthew — as rock's royal family. Instead, it ended in self-inflicted regicide, when frontman Caleb delivered this gutter-style mid-show abdication in

## One more question

On the topic of sibling rivalry, you must have been pretty keen to sleep with as many girls as humanly possible. Did you ever get into any funny situations where you were going after the same girls as your brothers and cousin?

• **Quote.** "No. And I definitely

ly did not try to sleep with as many girls as possible. I wasn't going for the Wilt Chamberlain thing. I'm really weird about that. I have trouble drinking after people, like if someone took a drink of my drink, even if it's full, I usually won't finish it."

Dallas.

"I'm gonna go backstage and I'm gonna vomit; I'm gonna drink a beer and I'm gonna come back out and play three more songs."

He never returned. The tour was over.

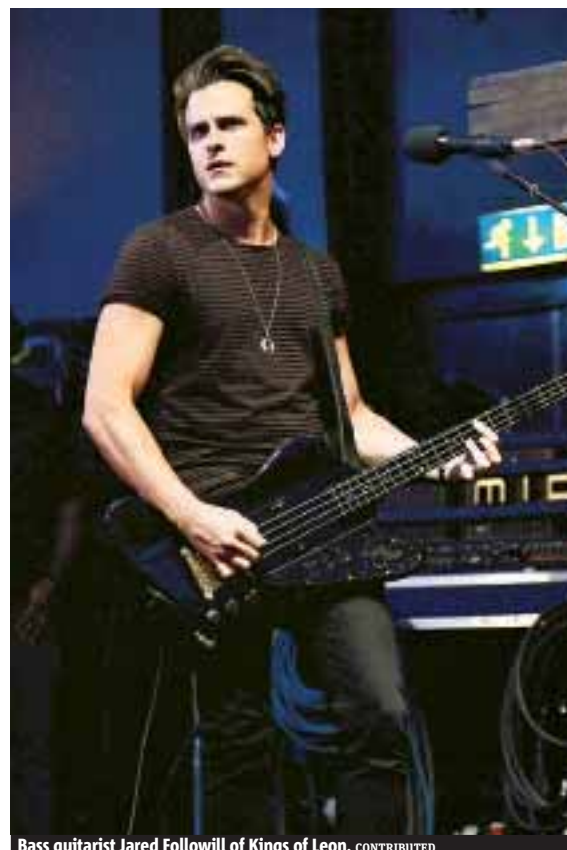
But after their two-year hiatus, the Kings are back to reclaim their throne. The Nashville-based band's sixth album, *Mechanical Bull*, which dropped on Tuesday, certainly seems a return to form, with all the rawness and frank storytelling-lyricism of the band's early albums.

"There's a conscious ef-

fort to have a little bit more energy on this album," says bassist Jared, who opens up about childhood rebellion, his LSD trip and riding a mechanical bull — naturally.

**It's called Mechanical Bull. Do you have any experience of riding one of those?**

A couple. I did one at this party called the Neon Carnival Party in California at Coachella. And I'm pretty sure I'm the only one that rode it correctly with one hand in the air. Everybody else was using two hands and would be like, 'Man, it's



Bass guitarist Jared Followill of Kings of Leon. CONTRIBUTED

## Party days

**"We did drink a lot but I think that the reason why the meltdown happened wasn't necessarily because of drinking."**

Jared Followill

Talking about his partying days

## escapism?

Yeah, it was almost in a sense like when you said earlier "was the hedonism part of a rebellion?" That wasn't so much consciously as maybe rock music felt rebellious to us. Because growing up, we weren't allowed to listen to anything. Our parents would let us listen to music from the '50s and '60s because a lot of the themes were toned down. But we would hear stuff every once in a while. I remember hearing sneak-peeks of Nirvana and stuff at friends' houses and even, like, being a young kid in fifth or sixth grade hearing Oasis or even Bush and people like that and thinking, "Holy shit, that is awesome."

**If you hadn't have had that meltdown in 2011, would you have continued with the hedonism or did you need that?**

I think at that point, we weren't even that hedonistic. I feel like we just drank. When people talk about our drug days, they think, "Oh my god, those guys were doing drugs constantly!" and we really weren't. I wouldn't say we had never done a drug or anything like that — obviously we smoked weed and stuff. Even in 2011, we did drink a lot, but I think that the reason why the meltdown happened wasn't necessarily because of drinking.

so easy. I stayed up there for like 30 seconds.' And it's like — 'because you cheated.'

**Did you have a beer in your hand?**

Yup. And tequila in my mouth.

**Was the hedonism of your early days a rebellion against your religious upbringing?**

Probably not consciously but it was definitely like an animal that had been let out of a cage and allowed to roam

free. I feel like every single person I know who grew up in the United Pentecostal Church, if they ever get out of it, they go crazy for at least a few years. You'll see them out and they'll either have ridiculous hair or the girls will dress so inappropriately. I don't want to say a word that will get me into trouble, but the girls are completely out there.

**Your love of rock music from the early ages is in stark contrast to the church music. Did it form part of your**

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Zac Efron. ALL PHOTOS GETTY IMAGES

## Rehab was inevitable after troubled Efron started 2013 'like a junkie'

A new report in the National Enquirer details how Zac Efron kicked off 2013 — with troubling behaviour that likely led to his rehab stint in the spring. An anonymous source recounts watching the 25-year-old star pass out after a night of abusing prescription painkiller Oxycodone as well as alcohol, marijuana

and Adderall at New York's Thompson Hotel on Jan. 3. "I was scared for him," the source says. "He was like a junkie. He wanted the drugs so bad. He went through a lot of pills even though it was clear he was entering a danger zone. My worst fear was that he had died from an overdose."



Lindsay Lohan

## Schedules to blame for Lohan's latest break up

Looks like it's a no-go for Lindsay Lohan and former football player Matt Nordgren, who have reportedly split up after briefly dating, according to Us Weekly.

"Their work schedules and the distance just make dating impossible," a source says. "He really likes her. He thinks she's back on top, emotionally and physically."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Could it be?! Drake and Chris Brown patch things up

MELINDA TAUB

Metro World News in NYC

Make new friends, but keep the old. One is silver and the other beat up a lady one time. Chris Brown and Drake have squashed their beef and they may even become pals, according to Page Six. The pair apparently met up at the iHeartRadio Music Festival in Las Vegas this weekend, which Drake and his crew attended specifically to catch Brown's performance. "Drake came on Friday with his whole crew, and watched Chris' entire set," a source said. The happy reunion continued after the show: "They were backstage hugging and drinking," another source

reports. Apparently, the meeting went so well that the pair are talking about collaboration on tracks, even though no one should ever want to be friends with Chris Brown or work with him or talk to him, so he eventually has to become a garbage man and live in the dump. Hopefully Drake is just pretending to be Chris's friend so it'll sting even more when he has to become a garbage man. Brown recently took time off from drinking fruity cocktails and hitting the beach in Hawaii to tag a wall with epithets like "F— police" alongside what is apparently a shout-out to the Bloods. Brown, he of sound life choices, signed his illegal street art with the words "Fruits Piru," which people who know more about the intricacies of urban gang life than we do speculate is a reference to the Fruit Town Piru gang, a subset of the scary-as-hell L.A. gang.



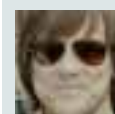
Amanda Bynes

## Bynes' lawyer wants her hitting-cop-car case held in mental health court

Amanda Bynes was set to resurface this week for a court appearance stemming from her 2012 arrest for hitting a police car with her rented BMW, but Bynes' lawyer wouldn't let her near the courthouse. Attorney Richard Hutton claims that Bynes doesn't currently have the mental capacity to fully comprehend the legal proceedings, asking the judge to refer

the case to the mental health court, according to E! News. "The mental health court will examine Bynes and determine her competency to stand trial," he says. Bynes is currently under observation at the UCLA Medical Center, and a hearing is set for next week to determine if her parents' temporary conservatorship should be made permanent.

### Twitter



@JimCarrey

It's gonna be an amazing day! You know why? CUZ I DOUBLE FRICKIN' STAMPED IT!



@justinbieber

Any account on twitter isn't actually my Grandparents! They don't have twitter and say they never will



@rihanna

420

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**SHOPPERS**  
DRUG MART

You can always rely on Milan for two things: exuding luxury, and being fashion month's halfway mark. The latter means we can move from tentative to confident in our breakdown of the trends for SS14. Despite the markedly different scenes across New York, London and Italy, discernible similarities have already emerged, so take note.

KIT GILBERT  
Metro World News

## Skin is in

If there's one thing Milan has over every other fashion capital, it's sex. It returned this season in the form of super sheer garments, peek-a-boo cut outs, belly-grazing necklines and hemlines your mother wouldn't approve of.



Gucci

## White is trending

Just when we're all digging out our winter blacks and grays, white starts to trend on the runway. The summer shade has been everywhere, including Jil Sander, Sportmax, Versace and Alberta Ferretti, who played on its more innocent connotations.



Alberta Ferretti

## '90s minimalism reigns

Will the '90s ever get old? It appears not, as the era's minimalist aesthetic is going nowhere. With everyone apparently singing from the same Calvin Klein sheet, it's slip dresses and spaghetti straps galore — with a strict colour palette of neutral shades.



Max Mara



No. 21

## The shirt dress is a bona-fide thing

Whoever first decided to wear her boyfriend's shirt as a dress must have been an audacious woman. Thankfully, we're no longer going to have to tug at those tails to stay decent, as the shirtdress is now a thing. It's popped up all over the fashion circuit and it's made its way to Milan via No. 21 and Tod's where floral, spangled embellishments and eyelets send this idea into more wearable territory.

# 8

## things Milan told us about la mode



Fendi

## We've got tiers in our eyes

Things that have tiers include wedding cakes and football stadiums. Now you can add clothes to the list, as Simone Rocha, Meadham Kirchhoff and Hérve Léger all added layer upon layer to their creations. And we're not talking ruffles either — these are hard-edged, angular strips of fabric. Our Milan favourite in this department is Fendi, which showed ombré cascades.

## Pastels are back, but not as you know them

Pastels are a perennial favourite for spring, with Louis Vuitton's 2012 collection providing the benchmark for working with these candy colours. This season, it's a little less saccharine than your standard sugary fare.



Luisa Beccaria

## Satin makes a comeback

In all likelihood you last wore satin in the form of a dodgy strapless gown to prom. The stiff, lustrous fabric has the potential to date an outfit all too quickly, but this season it has made some serious sartorial headway. Popping up at Rodarte and Zero + Maria Cornejo in tougher looks, Blugirl brought it to Milan with floral-dotted shift dresses and sharply pressed trousers.



Blugirl

## The graphic print party is still happening

No one quite owns the idea of print mixing like Prada and Marni, both of which showed stellar graphics that were as much about texture and colour as they were about print. The new designer, Stella Jean and Emilio Pucci, meanwhile, took the more traditional ethnic route, referencing African prints.



Prada



# Shrimp, Cherry Tomato and Goat Cheese Bake: Layers of flavours



This recipe serves four. ROSE REISMAN



**ROSE REISMAN**  
For more, visit  
rosereisman.com or  
follow her on twitter  
@rosereisman

If you're looking for a quick and delicious one pot meal this hits home.

The shrimp compliments the delicate sweet tomatoes and creamy goat cheese. Serve the dish with a side of green salad.

You can prepare the en-

tire dish earlier in the day and bake at 400 F for five to eight minutes. It's also great at room temperature.

1. Preheat the oven to broil and spray an 8-inch baking dish with cooking oil. Pre-heat a non-stick grill pan or barbecue to medium-high.

2. Grill shrimp for approximately 4 minutes, turning halfway through the cooking time. Do not overcook. Place in the prepared baking

dish.

3. Combine the tomatoes, cilantro, garlic, dried basil, jalapeño pepper, salt and pepper. Mix well and pour over the shrimp. Sprinkle with the goat cheese. Broil for 2 minutes or just until browned. Remove from the oven.

4. Combine the oil and lemon juice and drizzle over the top. Garnish with the cilantro and serve.

## Ingredients

- 1 1/2 lb peeled and deveined shrimp
- 3 cups of cherry tomatoes sliced in half
- 1/4 cup chopped cilantro or parsley
- 1 1/2 tsp crushed fresh garlic
- 1 tsp dried basil
- 1 tsp minced jalapeño peppers
- pinch salt and freshly ground black pepper
- 1/2 cup crumbled goat cheese
- 1 tbsp olive oil
- 2 tsp freshly squeezed lemon juice
- 2 tbsp chopped cilantro or basil

## For your phone

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## LAST DAY TODAY

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# BEST SLEEP CENTRE NEVER RESTS

Best Sleep Centre opened in Winnipeg in 1992 on Keewatin Street, and its first store was 1,500 square feet.

About 21 years and seven stores later, Best Sleep Centre has become Manitoba's largest mattress, bedroom suite and futon retailer.

The company's first super centre, at 953 St. James St., opened in 2003 and the company hasn't stopped growing since. There are now five super centres and two mattress-only stores with warehouse space, totalling more than 72,000 square feet. The company continues to expand its product lines to ensure the best selection for its customers.

A new division, called Best Seat Centre, was born from the concept of, "quality, comfort and total satisfaction for the other set of cheeks." The owner travels all over Canada, the U.S. and the Orient to find the best products available.

Products are made of the very best custom fabrics and two-pound foams. If you have ever wondered why your two-year-old couch that came with the



CONTRIBUTED

free TV is falling apart it's because the foam and frames are of very poor quality. Whether you are shopping for hardwood frames, bonded leather, top grain leather, motion or power motion

features, Best Sleep Centre offers the lowest prices in Canada for quality and value, or the product is free.

It took years to prove Best Sleep Centre is the best place to buy a mat-

tress — it will only take six months to prove it is the best place to buy your next dining room, living room and or kitchen suite. Pay less money and be satisfied for a far longer period of time.

## HOW TO SHOP FOR A MATTRESS

The mattress business is stuck in the "old used car" sales era and will not change because it is so profitable. No other industry sells in the same fashion as the mattress industry, and in no other industry does the consumer enjoy paying the highest price for their purchase as in the mattress industry.

Mattresses are sold every day on the "it's similar to this one" line. For example, if you find a Sealy Arriva that you like at one store and go to the next store, the salesperson might say, "We don't carry the Arriva. This mattress is similar to the one you saw at the other store and it's \$20 less."

When you go to the next place and a similar mattress is another \$20 less, you may buy from the third person because that's enough time spent on shopping and you just want to go home. This is a taught advertising sales technique.

So how do you buy a mattress? You are being conditioned to buy according to "how does it feel?" and "what is the deal?" Also, trust is a big part of this game because you only buy a mattress every



CONTRIBUTED

five to 10 years.

Start at the most expensive mattress in that store and make that salesperson compare that mattress in that store to the one at the price point that you want to purchase.

Now you are comparing two mattresses. The expensive one has three inches of latex on 800 pocket coils and the cheaper one has half an inch of latex only in the middle on 600 pocket coils.

Learn everything you can about the differences between the mattresses in that store.

Do this all in one day in four to six hours and you will save money.

"You will find our lower-priced products have the same design and ingredients and higher quality as the higher-priced products in any competitors' store," says Best Sleep Centre Inc. president David Keam.



CONTRIBUTED

**BUY  
WITH  
CONFIDENCE**

To learn more about how to buy a mattress and get the best deal, scan the QR codes and watch the videos.

**GET A SPEC SHEET**



**TIME TO LIE AROUND**



**DON'T MAKE A  
BLIND PURCHASE**







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# WELCOME NEW USES FOR WOOD

The Canadian love affair with wood goes on and on. These days, we are finding new ways of welcoming wood into our homes, including techniques for using and reusing wood in ways our parents and grandparents would have found over-the-top.

Engineered wood takes the place of massive beams. Reclaimed woods display their histories in furniture and cabinetry. Timber that once would have gone to the burner is lovingly finished to display its natural eccentricities. And now here is a simple and affordable way to put the personality of wood into the windows of your home.

“When our designers explored the

world of wood to find what finishes are most popular, they came back with over 1,700 different finishes,” says Mary Dobson, spokesperson for Levolor Window Fashions in Canada. “Our new Custom Woods Collection brings many of them into Canadian homes. You’ll find more colours, more distressed surfaces, more reclaimed looks. So many that whatever wood finishes you may have in your home, there’ll be no problem at all co-ordinating your windows with your rooms.”

Sophisticated finishes and advanced engineering make this new collection adaptable to a wide range of living environments. Not just urban homes but



NEWS CANADA

city condos and lofts, and even country cottages. You can cover big windows with a single blind. You can specify cordless operation in every style. And you can install co-ordinating blinds in kitchens, bathrooms and even laundry rooms, because alongside real wood in the collec-

tion are two faux woods. Nuwood shares colours with real wood and outperforms it in hot, moist and sunlit locations, while Visions Faux Wood offers the best value in the collection — all the options, in every room.

— News Canada



NEWS CANADA

## NO MESS, NO FUSS FIREPLACES

The simple idea of a cold fall night leads to thoughts of cosying up in front of a toasty-warm crackling fire. But wait — you don’t have a fireplace. And the price to install one is enough to terminate the dream.

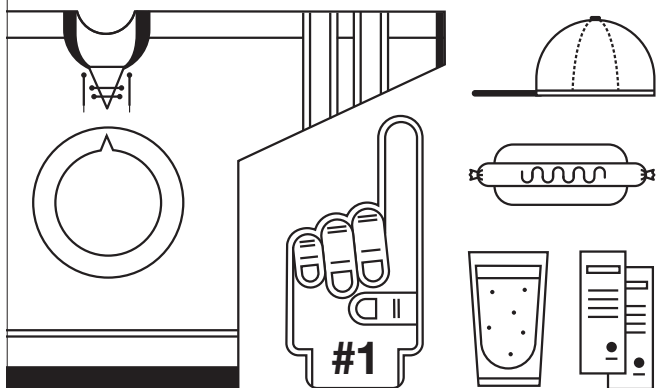
Fortunately, for a fraction of the cost of both traditional and gas units, home dwellers can count on electric fireplaces as an option. With no mess, maintenance or fuss, choosing the right fireplace is just a few steps away.

- Determine where you would like to position the fireplace, keeping in mind, it’s typically the focal point of a room.
- Carefully consider your space and find something to suit the decor. Think of the style, scale, colour and the type of unit that

will be ideal in the space. Is your décor modern or traditional? Do you have space on the floor for a mantel or does it need to hang on the wall? There are a multitude of options for inserts, mantels, wall mounts and console units.

- Look for innovative fireplaces that encompass everything on your checklist and offer a superior flame and warmth.
- Electric units are simply plug and play, but make sure you have an outlet within reach, and shop for units that use lower wattage. Some units draw less power than a hairdryer.
- Go shopping.
- Open the box, plug it in, and enjoy the warmth.

— News Canada



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## EXPERT ADVICE AT HOME SHOW

Visit the Winnipeg Fall Home & Leisure Show Nov. 1-3 at the Red River Exhibition Park.

If you are planning to remodel, renovate, or replace, this is the show for you. Come on down and meet the pros, get free advice and some of the best deals in Winnipeg. Are you thinking about hardwood floors or replacing or upgrading your windows? How about new siding or a new deck? Get some great Christmas gift ideas.

Don't worry about parking since there are plenty of free spaces at the Winnipeg

Fall Home & Leisure Show. The show is also free, so you can return anytime.

If you are stumped on a renovation or remodelling job, get advice from the people who are professionals.

The International Trade Show staff wants to make consumer shows fun, educational, affordable and a great place to shop. As well as the Winnipeg Fall Home & Leisure Show, the Cottage Country Show in March will be free.

To exhibit at this show, call Ted at 250-554-1040 or visit [itstradeshows.com](http://itstradeshows.com)

## ST. BENEDICT'S OFFERS AN EASYGOING ATMOSPHERE

Nestled along the banks of the Red River, just north of Winnipeg, there is a place where seniors can continue to live independently while enjoying both a thriving sense of community and the peaceful surroundings provided by living on gorgeous, spacious grounds that one resident likens to "living in a park."

St. Benedict's Place for Independent Living prides itself on offering a relaxed, though socially active, atmosphere for seniors who want to continue to live autonomously without a lot of the hassles associated with taking care of a house or large apartment. Residents are free to spend their time out in St. Benedict's 72-acre grounds, or taking part in any of the optional recreation and social activities run regularly by the staff. Even at meal times — the only activity at St. Benedict's with a set time — residents are free to choose what they would like, and how much, from a menu of delicious home-style cooking.

St. Benedict's Place shares its grounds with St. Benedict's Monastery, a community of Benedictine sisters who dine



CONTRIBUTED

with residents and are always open to engage in spiritual fellowship. And although the sisters and St. Benedict's have a Catholic background, there aren't any denominational preferences or requirements for any of the residents of St. Benedict's Place.

In an effort to keep St. Benedict's small and tight-knit, spaces in the community are limited.

To find out more, visit [stbens.ca](http://stbens.ca), or call Frances Evers 204-338-4601.

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# A living room couched in style

A four-part series to help you get one of the most important spaces in the home looking great.



**DESIGN CENTRE**  
Karl Lohnes  
home@metronews.ca

In this four-week series, I'll serve up decor tips to get your living room looking fabulous in time for the holidays. Today I tackle the largest furniture piece in the room: the sofa.

## Size

For those living in smaller homes, the challenge is to find the right sofa that fits seamlessly without taking over the space. Luckily, there's an easy way to measure the size of sofa your room can comfortably hold: Measure the width of your room — your sofa should be 2/3 of that measurement. For instance, if your room is 10 feet wide, the sofa length should be about six feet by six inches. This allows the sofa to fit nicely on the smaller wall or helps to divide a long room and still allow space on each end for side tables. By fitting the sofa to the shorter wall, you are guaranteed it fits on the longer wall as well.

## Style

The style of sofa reflects many things; whether you like a modern or traditional decor, the comfort level you require and the colour of covering desired. A sofa with a rounded arm, skirted bottom and light-to-medium neutral fabric will look best in a traditional setting while a square-armed, exposed wood (or metal) leg and a very light or very dark covering will imply a modern feel. If you fall asleep watching TV on your sofa every night, then choose one with lower and deeper



Is your living room in need of a facelift? CONTRIBUTED

## What's in a name?

I call it a sofa, my parents call it a couch and my grandma called it a chesterfield. What do they all mean?

- **Sofa.** A long and comfortable piece of furniture on which a person can sit or lie down. From the Arabic word suffah.
- **Chesterfield.** See couch. A Canadian/English name for couch.
- **Couch.** A long upholstered piece of furniture designed for several sitters.

seating for ultimate comfort. If you use your sofa strictly for entertaining, then a higher seat and less depth is recommended in order to sit upright. As for coverings, there are many to choose from. A plain, neutral covering will add longevity to the look of your sofa. The cov-

ering choice (everything from linen to leather) is all about the durability you might require. A warm neutral colour works best in traditional settings and cooler tones in modern.

## Cost

Consider the budget for decorating your living room; a sofa should eat up about 20 per cent of the budget. If you have not budgeted for your room's decor, then another way is to consider how long you will want your sofa; each year should cost about \$250. For instance, if you plan on keeping a sofa for only three to five years then an \$800 to 1,200 cost would be suitable. If you want it to last for 10 to 15 years then pay around \$2,500 to \$4,000. The fabric is the first thing that will get worn out, followed by the internal support/springs. These are the two things you should investigate and ask about; especially when purchasing a sofa you want to keep long term.

Next week: Part two: Choosing tables and lighting.



A traditional sofa with rounded arms, skirted bottom and upright seating. Chandler Sofa, from \$3,100, ethanallen.ca. CONTRIBUTED



Low, deep seating with square edges and exposed metal legs make this sofa perfect for a casual, modern living room. Mondrian Sofa, \$1,100, Urban Barn, urbanbarn.com. CONTRIBUTED

## Home cleaning

### Go natural to clean Plexiglas

#### How do you clean Plexiglas?



**CHARLES THE BUTLER**  
askcharlesthebutler@metronews.ca  
For more, visit charlesmacpherson.com

As Plexiglas becomes a more popular material that many of us have in our homes, it occurred

to me that most people don't know how they should begin to clean it. Plexiglas as a material is used to build furniture; I myself have a Plexiglas coffee table. It's also used in decorative arts material and even in some picture frames to replace glass for weight.

So how do we clean this material?

Never use a product with ammonia, as this will make it turn yellow over time. The best way to clean this is with an all purpose cleaner (50 per cent water

## Quoted

"The best way to clean this is with an all-purpose cleaner (50 per cent water and 50 per cent white vinegar and a soft cloth such as cotton or microfibre."

and 50 per cent white vinegar) and a soft cloth such as cotton or microfibre.

So there you have it. You are now an expert on how to clean Plexiglas.



Don't use a product with ammonia to clean Plexiglas; it will turn the material yellow over time. ISTOCK

# DeMarco learning on the fly



Lions quarterback Thomas DeMarco will make his second CFL start on Friday against the Blue Bombers. LIAM RICHARDS/THE CANADIAN PRESS

**CFL.** Blue Bombers will go up against a raw QB on Friday night

B.C. Lions quarterback Thomas DeMarco is looking forward to taking centre stage again Friday against the Winnipeg Blue Bombers — but he's not promising an encore grand performance in his second CFL start.

"I have one game under my belt," said DeMarco after B.C.'s last full practice Wednesday. "I'm not a veteran. There's certain things I still

have to get used to but, having the success of last game and building off of that, I'm hoping to keep it going."

DeMarco, a second-year pro who is filling in for injured starter Travis Lulay (shoulder), led the Lions to a last-play 24-22 victory over the Saskatchewan Roughriders in Regina last weekend. The 24-year-old was calm under pressure as he led the Lions down field and completed a third-and-long pass to set up Paul McCallum's winning field goal.

But DeMarco is not getting too excited about his press clippings.

"The biggest thing is, in a short week, you just got to take a few things you wanna work on that we're going to do in this game — and make sure that you limit your mistakes quickly and have a very keen sense to focusing on this game," he said. "So right now, that last game I had, it's over with, done with, and now I'm focused on Winnipeg."

If the Lions (8-4) can beat the Bombers (2-10) for a second time this season, they will gain a share of first place in the West Division, at least temporarily, with the Calgary Stampeders.

THE CANADIAN PRESS

## Oracle overcomes controversy to win Mug

Skipper Jimmy Spithill and Oracle Team USA won the America's Cup on Wednesday, pulling off one of the greatest comebacks in sports history.

Spithill steered Oracle's space-age, 72-foot catamaran to its eighth straight victory, speeding past Dean Barker and Emirates Team New Zealand on San Francisco Bay to keep the oldest trophy in international sports in the U.S.

All but defeated a week ago, the 34-year-old Australian and his international crew twice rallied from seven-point deficits to win 9-8.

Owned by software billionaire Larry Ellison, Oracle Team USA was docked two points for illegally modifying boats in warmup regattas and had to win 11 races to keep the Auld Mug.

EZRA SHAW/GETTY IMAGES



## NHL. Kessel says he's in control after slashing

Phil Kessel laughed off the notion that a couple of pre-season slashing incidents mean he needs to control his emotions better.

Last week he took swings at Flyers defenceman Luke Schenn's shins because he didn't like his former Maple Leafs teammate jabbing at him. Then there was Sunday night's brawl, when he slashed Sabres tough guy John Scott multiple times, earning a suspension for Toronto's final three pre-season games.

Kessel said he considers those situations more of an

### What would you do?

"Put 'em in that situation and see what they do."

Phil Kessel to critics of his stickwork on John Scott. The Sabres enforcer stands 6-8 and weighs in at 270 pounds.

anomaly than the start of a troubling trend.

"I think I average like under 20 penalty minutes a year or something like that or around there, so it's not like I take a lot of penalties," he said. "I don't think it's going to be a problem." THE CANADIAN PRESS

### Tennis

## Bouchard bouncing out big names

Montreal's Eugenie Bouchard will try to continue her string of big wins at the Pan Pacific Open when she faces American star Venus Williams in the quarter-finals.

Bouchard upset sixth-seeded Jelena Jankovic of Serbia 7-5, 6-2 on Wednesday, a day after ousting No. 8 Sloane Stephens of the U.S.

Bouchard, last year's junior Wimbledon champion, is 46th in the world rankings.

THE ASSOCIATED PRESS

## NFL. Ex-Charger commits suicide in Atlanta, cops say

Former San Diego Chargers and University of Georgia defensive back Paul Oliver committed suicide at his Atlanta-area home, a medical examiner said Wednesday.

The 29-year-old Oliver was found dead Tuesday night in Marietta, about 20 miles northwest of Atlanta, Cobb County Medical Examiner's investigator Tim Weaver said.

Oliver died of a self-inflicted gunshot wound, Cobb County police Sgt. Dana Pierce said.

THE ASSOCIATED PRESS



Paul Oliver with the Chargers in September 2009. THE ASSOCIATED PRESS

4 SPORTS





The Cardinals' Shelby Miller pitches against Jordan Zimmermann of the Nationals on Wednesday. JEFF CURRY/GETTY IMAGES

# Young Cardinals on fire down the stretch

**NL Central.** Cardinals clinch at least a tie for the division title; Pirates still have a shot

All of those young arms embraced this pennant race. The St. Louis Cardinals threw five rookies at the Washington Nationals and clinched a tie for their first NL Central title since 2009.

Shelby Miller earned his 15th win with relief help from Seth Maness, Kevin Siegrist, Carlos Martinez and Trevor Rosenthal in a 4-1 victory that spoiled Jordan Zimmermann's bid for his 20th win and wrapped up a three-game

sweep on Wednesday.

All are 24 or younger, and all have been filling critical roles for a while now.

"We know what's at stake and what we need to do to get the job done, how many games we need to win," Miller said. "Hopefully, we can just win them all."

"It's just been an amazing year, I've had so much fun and there's still a lot of baseball left."

Miller (15-9) has been in the rotation all year and leads major-league rookies in wins after allowing a run in six-plus innings. Maness induced a double-play ball in the seventh, Siegrist hasn't allowed a run in a NL-best 23 1/3 scoreless innings and has a microscopic

0.47 ERA and the 23-year-old Rosenthal saved all three games in the series.

Yadier Molina had the go-ahead hit and Matt Adams homered for the Cardinals.

Manager Mike Matheny reported screaming in the clubhouse after the Cubs' Darnell McDonald's go-ahead three-run homer off Francisco Liriano in a 4-2 victory over the Pirates and admitted he'd taken peeks at the scoreboard.

"Yeah, I was guilty again of watching during the game," Matheny said. "It wasn't my intent, but it did happen."

The Cardinals lead the Pirates by three games with three to go. The Reds lost 1-0 to the Mets on Wednesday and were eliminated from the divisional race.

The Cardinals (94-65) are a season-high 29 games above .500 and have a day off before 14-game winner Lance Lynn faces the Cubs on Friday night to open the final series.

THE ASSOCIATED PRESS

## MLB

### Money doesn't buy success for aging Yankees

The New York Yankees failed to make the playoffs for only the second time in 19 years, getting mathematically eliminated Wednesday night while they were losing to the Tampa Bay Rays.

Hobbled by age and in-

jury, the Yankees (82-76) were trailing 7-3 in the eighth inning when they were knocked out as the Cleveland Indians completed a 7-2 win over the Chicago White Sox. There was no reaction from the Yankee Stadium crowd when the Indians result was posted on the scoreboard.

Despite baseball's highest opening-day payroll at \$230 million, the Yankees failed to claim one of the 10 playoff berths. **THE ASSOCIATED PRESS**

## NCAA basketball



"It just caught my heart. This is where I felt like I belonged...."

I felt more at home here than anywhere else."

Canadian basketball star Andrew Wiggins as his Kansas Jayhawks met with media on Wednesday.

## MLB

### AMERICAN LEAGUE

#### EAST DIVISION

	W	L	Pct	GB
Boston	95	63	.601	—
Tampa Bay	88	69	.561	6½
New York	82	75	.522	12½
Baltimore	81	76	.516	13½
Toronto	72	85	.459	22½

#### CENTRAL DIVISION

	W	L	Pct	GB
Detroit	92	66	.582	—
Cleveland	88	70	.557	4
Kansas City	83	74	.529	8½
Minnesota	66	91	.420	25½
Chicago	62	96	.392	30

#### WEST DIVISION

	W	L	Pct	GB
Oakland	94	65	.591	—
Texas	86	71	.548	7
Los Angeles	78	80	.494	15½
Seattle	69	89	.437	24½
Houston	51	107	.323	42½

#### Wednesday's results

L.A. Angels 3 Oakland 1  
Cleveland 7 Chicago White Sox 2  
Toronto at Baltimore  
Tampa Bay at N.Y. Yankees  
Houston at Texas  
Detroit at Minnesota  
Kansas City at Seattle

#### Tuesday's results

Cleveland 5 Chicago White Sox 4  
Toronto 3 Baltimore 2 (10)  
Tampa Bay 7 N.Y. Yankees 0  
Texas 3 Houston 2  
Detroit 4 Minnesota 2  
L.A. Angels 3 Oakland 0  
Seattle 4 Kansas City 0

#### Thursday's games

**All times Eastern**  
Toronto (Buehrle 12-9) at Baltimore (Gonzalez 10-8), 7:05 p.m.  
Tampa Bay (Cobb 10-3) at N.Y. Yankees (Nova 9-5), 7:05 p.m.  
L.A. Angels (Williams 9-10) at Texas (Garza 4-5), 8:05 p.m.  
Kansas City (Guthrie 14-12) at Chicago White Sox (Rienzo 2-2), 8:10 p.m.  
Cleveland (McAllister 9-9) at Minnesota (Albers 2-4), 8:10 p.m.

### NATIONAL LEAGUE

#### EAST DIVISION

	W	L	Pct	GB
Atlanta	93	65	.589	—
Washington	84	75	.528	9½
New York	73	85	.462	20
Philadelphia	72	85	.459	20½
Miami	58	100	.367	35

#### CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	94	65	.591	—
Pittsburgh	91	68	.572	3
Cincinnati	90	69	.566	4
Milwaukee	71	87	.449	22½
Chicago	66	93	.415	28

#### WEST DIVISION

	W	L	Pct	GB
Los Angeles	91	66	.580	—
Arizona	80	77	.510	11
San Diego	73	84	.465	18
San Francisco	72	85	.459	19
Colorado	72	86	.456	19½

#### Wednesday's results

N.Y. Mets 1 Cincinnati 0  
St. Louis 4 Washington 1  
Chicago Cubs 4 Pittsburgh 2  
Milwaukee 4 Atlanta 0  
Philadelphia at Miami  
Boston at Colorado  
Arizona at San Diego  
L.A. Dodgers at San Francisco

#### Tuesday's results

N.Y. Mets 4 Cincinnati 2  
Atlanta 3 Milwaukee 2  
Philadelphia 2 Miami 1  
Pittsburgh 8 Chicago Cubs 2  
St. Louis 2 Washington 0  
Colorado 8 Boston 3  
Arizona 2 San Diego 1 (12)

#### L.A. Dodgers 2 San Francisco 1

#### Thursday's games

**All times Eastern**  
Arizona (Cahill 8-10) at San Diego (Erlin 3-3), 6:40 p.m.  
Milwaukee (Hewitt 1-4) at N.Y. Mets (Gee 12-10), 7:10 p.m.  
Philadelphia (Cloyd 2-6) at Atlanta (Hale 0-0), 7:10 p.m.  
L.A. Dodgers (Volquez 9-12) at San Francisco (Lincecum 10-14), 10:15 p.m.

## CFL

### WEEK 14

#### EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	12	8	4	0	354	315	16
Hamilton	12	6	6	0	316	329	12
Montreal	12	4	8	0	285	349	8
Winnipeg	12	2	10	0	251	368	4

#### WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Calgary	12	9	3	0	373	301	18
B.C.	12	8	4	0	325	302	16
Saskatchewan	12	4	8	0	376	282	16
Edmonton	12	3	9	0	294	328	6

#### Friday's game — All Times Eastern

B.C. at Winnipeg, 8 p.m.

#### Saturday's games

Calgary at Hamilton, 6 p.m.

Toronto at Edmonton, 9 p.m.

#### Sunday's game

Saskatchewan at Montreal, 1 p.m.

## NFL

### WEEK 4

#### Thursday's game — All Times Eastern

San Francisco at St. Louis, 8:25 p.m.

#### Sunday's games

Seattle at Houston, 1 p.m.

N.Y. Giants at Kansas City, 1 p.m.

Pittsburgh at Minnesota, 1 p.m.

Baltimore at Buffalo, 1 p.m.

Arizona at Tampa Bay, 1 p.m.

Cincinnati at Cleveland, 1 p.m.

Indianapolis at Jacksonville, 1 p.m.

Chicago at Detroit, 1 p.m.

N.Y. Jets at Tennessee, 4:05 p.m.

Philadelphia at Denver, 4:25 p.m.

Dallas at San Diego, 4:25 p.m.

Washington at Oakland, 4:25 p.m.

New England at Atlanta, 8:30 p.m.

#### Monday's game

Miami at New Orleans, 8:40 p.m.

## MLS

#### Friday's game — All Times Eastern

Philadelphia at Kansas City, 8 p.m.

#### Saturday's games

D.C. United at Toronto FC, 1 p.m.

Real Salt Lake at Vancouver, 7 p.m.

Houston at New England, 7:30 p.m.

Montreal at Chicago, 8:30 p.m.

#### Sunday's games

Los Angeles at Portland, 3:30 p.m.

Columbus at FC Dallas, 8:30 p.m.

New York at Seattle, 9 p.m.

San Jose at Chivas USA, 11 p.m.

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## Horoscopes

### Aries

March 21 - April 20

Mars in Leo does wonders for your confidence but don't let that blind you to the realities of your money situation. Saturn in Scorpio warns it could cost you big time if you take a risk that is best avoided.

### Taurus

April 21 - May 21

Disputes are inevitable but none of them are of any real importance, so don't get drawn into slanging matches with people whose main motivation seems to be envy.

### Gemini

May 22 - June 21

Check the facts several times today. Neptune, planet of illusion, is strong at the moment, so your mind could easily play tricks on you.

### Cancer

June 22 - July 23

Good news will come out of nowhere today, easing your fears and making you realize how fortunate you really are. Also, a friend or colleague will offer you the kind of advice that money cannot buy. Take it.

### Leo

July 24 - Aug. 23

You may have to force yourself to be enthusiastic about what you have to do today but once you get going it won't be the chore you feared it would be. It could even surprise you and make you some extra money.

### Virgo

Aug. 24 - Sept. 23

A few days from now, you will get the chance to do something a bit out of the ordinary. In the meantime, treat yourself kindly and don't get involved with people who only ever waste your time.

### Libra

Sept. 24 - Oct. 23

If you are happy with the way your life is going, that's great. If not, start making changes. The Sun in your sign means it's time to get your act in gear and get cracking on a scheme that is important to you.

### Scorpio

Oct. 24 - Nov. 22

With the Sun linked to nebulous Neptune today, it's unlikely you will be thinking straight. Be wary of making plans you cannot easily get out of. Be wary of your feelings too. Can you trust them?

### Sagittarius

Nov. 23 - Dec. 21

Your confidence may be at an all-time high and all things may seem possible but don't be deceived: There is still a lot of hard work to be done before you come close to reaching your number one goal.

### Capricorn

Dec. 22 - Jan. 20

Life moves in cycles and the cycle you are on now mostly deals with your career and position in the wider world. Having said that, you can still find time for love — if you try.

### Aquarius

Jan. 21 - Feb. 19

It's good that you are the forgiving sort but don't go too far and forgive people for crimes they should be punished for or you will get a reputation as a pushover.

### Pisces

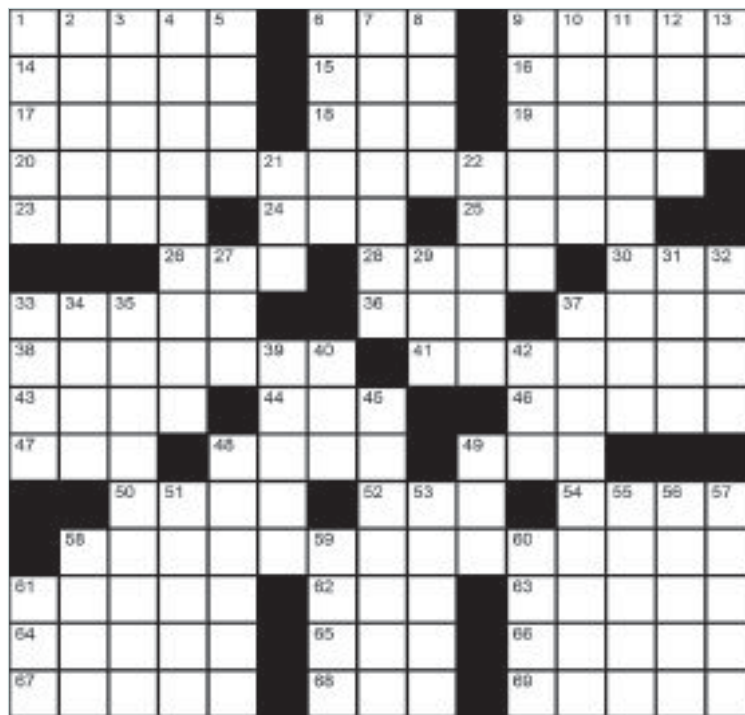
Feb. 20 - March 20

There's no point being uptight about situations that are beyond your control. That is the message of your solar chart today, so avoid confrontations you cannot win. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

- Wild guesses
- Work with a wok
- Canadian author Farley
- George Clooney job on TV, \_\_\_
- Deer sort
- "\_\_\_ you to..."
- "That doesn't \_\_\_ thing!"
- Hawaii's \_\_\_ Beach
- \_\_\_ example
- Canada's is the Metric, the USA's is the what?: 2 wds.
- Cobblestone
- Alias acronym
- Roman love god
- 'Ball' suffix
- Famous river
- Discontinuity
- Composer Mr. Copland
- Polka's partner
- Low-lying area
- Comedian Ms. Handler
- Ottawa, for one
- Common sitcom roles
- Glaswegian's 'No'
- 99, for one, on "Get Smart"
- TV station
- Swindle
- Canada's financial TV channel
- Wharf
- Edible green thing
- Icelandic epic
- Temporary \_\_\_
- (Latest trend in manicures)



- Mr. Lauzon of Royal Canadian Air Force
- British singer Rita
- Totally consumed: 2 wds.
- Gambling destination, Monte \_\_\_
- Giggling, texting-style

- Curt
- Kelly Clarkson's "Since \_\_\_ Gone"
- Sacred chest
- Industrial city in Germany

- Down**
- 18-wheelers

- New Orleans-set HBO series
- Adjust
- Pre-history working implements: 2 wds.
- Boo-boo
- 1978 disco hit: "Le \_\_\_"
- "The X Factor" judge Kelly

- Fancy 'fors'
- "Did you \_\_\_?" (Returnee's query)
- John Keats poem, \_\_\_ a Nightingale
- Political headline-grabber in the 1970s
- Ancient Syria's biblical name
- Midmorning time

- Sir McKellen
- Conference of 1945 of the Big Three
- Slip-\_\_\_ (Some shoes)
- Winter/Summer games org.
- Actor Mr. Arkin
- Throw a snowball
- Australian band
- Captain in "Moby Dick" (1956)
- Moscow tourist attraction: 2 wds.
- National Film Board short films shown during TV commercials time, Canada \_\_\_
- Britannica, e.g.
- US motorists org.
- Cook's need
- "The Last \_\_\_" (1987)
- Musical, Miss \_\_\_
- Sheep's sound
- Handy
- Canadian showbiz news show
- Getting-things-done people
- Put out, as flames
- \_\_\_, Colorado
- Grouch
- Ms. Falana
- \_\_\_ Modern (Art gallery in London, England)
- Hosp. ward for heart patients

## Yesterday's Crossword

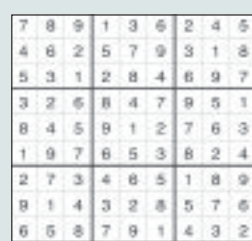


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

### TODAY

MAX: 22°  
MIN: 10°

### FRIDAY

MAX: 18°  
MIN: 8°

### SATURDAY

MAX: 17°  
MIN: 8°

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